Dreamcast™

OFFICIAL
VIDEO GAME

Sydney 2000 ™©

PUBLISHED BY
EIDOS

www.olympics.com
www.olympicvideogames.com

SEGA®

EIDOS
INTERACTIVE

EVERYONE
E
CONTENT RATED BY
ESRB

T-36808N

WARNINGS Read Before Using Your Sega Dreamcast Video Game System

CAUTION
Anyone who uses the Sega Dreamcast should read the operating manual for the software and console before operating them. A responsible adult should read these manuals together with any minors who will use the Sega Dreamcast before the minor uses it.

HEALTH AND EPILEPSY WARNING
Some small number of people are susceptible to epileptic seizures or loss of consciousness when exposed to certain flashing lights or light patterns that they encounter in everyday life, such as those in certain television images or video games. These seizures or loss of consciousness may occur even if the person has never had an epileptic seizure.

If you or anyone in your family has ever had symptoms related to epilepsy when exposed to flashing lights, consult your doctor prior to using the Sega Dreamcast.

In all cases, parents should monitor the use of video games by their children. If any player experiences dizziness, blurred vision, eye or muscle twitches, loss of consciousness, disorientation, any involuntary movement or convulsion, IMMEDIATELY DISCONTINUE USE AND CONSULT YOUR DOCTOR BEFORE RESUMING PLAY.

To reduce the possibility of such symptoms, the operator must follow these safety precautions at all times when using the Sega Dreamcast.

- Sit a minimum of 6.5 feet away from the television screen. This should be as far as the length of the controller cable.
- Do not play if you are tired or have not had much sleep.
- Make sure that the room in which you are playing has all the lights on and is well lit.
- Stop playing video games for at least ten to twenty minutes per hour. This will rest your eyes, neck, arms and fingers so that you can continue comfortably playing the game in the future.

OPERATING PRECAUTIONS
To prevent personal injury, property damage or malfunction:
- Before removing the disc, be sure it has stopped spinning.
- The Sega Dreamcast GD-ROM disc is intended for use exclusively on the Sega Dreamcast video game system. Do not use this disc in anything other than a Sega Dreamcast console, especially not in a CD player.
- Do not allow fingerprints or dirt on either side of the disc.
- Avoid bending the disc. Do not touch, smudge or scratch its surface.
- Do not modify or enlarge the center hole of the disc or use a disc that is cracked, modified or repaired with adhesive tape.
- Do not write on or apply anything to either side of the disc.
- Store the disc in its original case and do not expose it to high temperature and humidity.
- Do not leave the disc in direct sunlight or near a radiator or other source of heat.
- Use lens cleaner and a soft dry cloth to clean the disc, wiping gently from the center to the edge. Never use chemicals such as benzene and paint thinner to clean the disc.

PROJECTION TELEVISION WARNING
Still pictures or images may cause permanent picture tube damage or mark the phosphor of the CRT. Avoid repeated or extended use of video games on large-screen projection televisions.

SEGA DREAMCAST VIDEO GAME USE
This GD-ROM can only be used with the Sega Dreamcast video game system. Do not attempt to play this GD-ROM on any other CD player; doing so may damage the headphones and/or speakers. This game is licensed for home play on the Sega Dreamcast video game system only. Unauthorized copying, reproduction, rental, or public performance of this game is a violation of applicable laws. The characters and events portrayed in this game are purely fictional. Any similarity to other persons, living or dead, is purely coincidental.

CONTENTS

We reserve the right to make any alterations to the game or specification at any time without prior notice. Some screenshots in this manual may show pre-completion screens that differ slightly from actual game screens.

THE OLYMPIC GAMES

"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well."

— Baron Pierre de Coubertin, founder of Modern Olympism

The Olympic Movement is symbolized by five interlaced rings, representing the five continents of the world. The aim of the Olympic Movement is to contribute to building a better world by educating youth through sport practiced without discrimination of any kind and in the Olympic Spirit.

The Olympic Games is unique in the sporting world. It is the only competition where the best athletes from 200 countries have the opportunity to strive against one another in the spirit of peaceful competition, friendship and fair play.

Very few people have the opportunity to compete at the Olympic Games. But now Dreamcast players and budding Olympians from all over the world have a chance to train a team of 12 virtual athletes to compete against the best of the best and hopefully have what it takes to win the most coveted sporting prize of all. Good luck in **SYDNEY 2000**, the official video game of the Games.

For more information on the Olympic Games and the Olympic Movement, please visit www.olympic.org.

SEGA DREAMCAST™

DISC DOOR

POWER BUTTON
This turns the unit ON or OFF.

OPEN BUTTON
This opens the Disc Door.

CONTROL PORTS
Use these ports to connect the Sega Dreamcast™ controller or other peripheral equipment. From left to right are Control Port A, Control Port B, Control Port C, and Control Port D. Use each port to connect controllers for players 1 to 4 respectively.

SYDNEY 2000 is a 1-to-4 player game. Before turning the Sega Dreamcast ON, connect the controller(s) or other peripheral equipment into the control ports of the Sega Dreamcast. Purchase additional controllers (sold separately) to play with two or more people.

VISUAL MEMORY UNIT – SAVING AND LOADING

To save game settings and results and to continue play on previously saved games, insert a Visual Memory Unit (VMU) into slot 1 of the controller BEFORE turning on the Sega Dreamcast. **While saving a game file, never turn OFF the Sega Dreamcast power, remove the VMU or disconnect the controller.** This game uses up to 65 free blocks to create a save file.

Sleep Button
Mode Button
B Button
A Button
Directional Button
(D-Button)
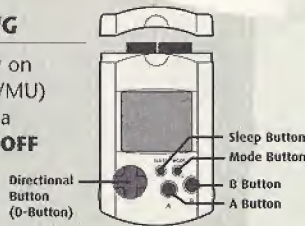
To play a previously saved game, insert a VMU containing a save game into your controller and insert the **SYDNEY 2000** disc into your Sega Dreamcast. Choose LOAD from the Main Menu and select the file you want to load.

SAVING AND LOADING – HEAD TO HEAD MODE

SYDNEY 2000 contains a feature whereby you can use saved game athletes from Olympic mode in an arcade environment against other friends' athletes also playing **SYDNEY 2000** on Sega Dreamcast.

SYDNEY 2000 allows up to four players to compete using four controllers with Visual Memory Units containing your saved athletes in Head to Head mode.
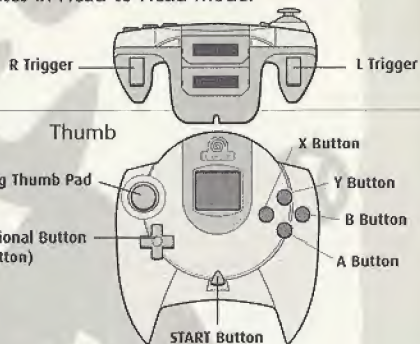
CONTROLS

MENU CONTROLS

Use the D-Button or Analog Pad to highlight your choice, then press the A Button   to confirm the selection. Press   the B Button to cancel and return to the previous menu.

R Trigger —

L Trigger

Thumb

Analog Thumb Pad

X Button

Y Button

B Button

Directional Button (D-Button)

A Button

START Button

JUMP PACK
SYDNEY 2000 supports the Jump Pack vibration peripheral. When inserted into the Expansion Socket of a Sega Dreamcast controller or other compatible peripheral equipment, the Jump Pack provides a vibration effect that can considerably enhance the game play experience.

- Never touch the Analog Thumb Pad or L/R Triggers while turning the Sega Dreamcast power ON. Doing so may disrupt the controller initialization procedure and result in malfunction. If the Analog Thumb Pad or L/R Triggers are accidentally moved while turning the Sega Dreamcast power ON, immediately turn the power OFF and then ON again, making sure not to touch the controller.

- **SYDNEY 2000** is a 1-to-4 player game. Connect controller(s) or other peripheral equipment BEFORE turning on the Sega Dreamcast.

- To return to the Title screen during game play, simultaneously press and hold the A, B, X, Y and START Buttons. This will cause the Sega Dreamcast to soft-reset the software and display the Title screen.

IN-GAME CONTROLS

Your success at any particular event will depend on your reflexes and timing. You build up power by alternately tapping the two Power buttons as rapidly as possible. At certain key points you must press or press and hold the Action button. The default controls for each event are given in the Events section starting on page 11. (You can change the default configuration in the Options menu. See page 10.)

POWER BUTTONS	A and B Buttons Tap these two buttons alternately as rapidly as possible to build up power for the event.
ACTION BUTTONS	X or Y Button Press or press and hold at key points during the event.

MAIN MENU

Highlight one of the game modes, then press the A Button to select it.

ARCADE MODE	A quick start game mode that lets you try out any event.
OLYMPIC MODE	Take on the challenge of each event as a different athlete. Through rigorous training, aspire to become one of the few chosen for the **SYDNEY 2000** Olympic Games.
HEAD TO HEAD MODE	Players register their entries in a simultaneous multi-player game. Individual controllers are required for each player.
COACHING MODE	Get advice on technique for each event.
OPTIONS	Customize the game's set-up.

ARCADE MODE

This is a quick start game mode that lets you try out any of the events. You don't have to qualify or train your athletes for this game mode; you jump straight in at Olympic Games level. Two Arcade modes, Classic and Repeat Play, are available from the Game Setup menu. In Classic mode, players complete 12 events, gaining points dependent on performance. Each event can be played only once. Repeat Play mode is similar to Classic mode, with the option of replaying events to gain higher scores. After selecting a mode from the Game Setup Menu (see page 10), select "Arcade" from the Main Menu.

PLAYER SETUP

Up to four people can take turns competing against each other and the computer controlled opposition. Move the D-Button/Analog Thumb Pad ↑/↓ to highlight a player slot, then press the A Button. Use the following options to create a player profile:

NAME/INITIALS	Press the A Button to select the first initial. Move the D-Button/Analog Thumb Pad ↑/↓ to scroll through the letters and ←/→ to move on to the next initial. Press the Confirm button to proceed.
NATIONALITY	Move the D-Button/Analog Thumb Pad ↑/↓ to highlight a nationality and ←/→ to scroll through the nationalities available.
HANDICAP	Move the D-Button/Analog Thumb Pad ↑/↓ to highlight a handicap and ←/→ to choose a number of stars. This feature affects how many more Power button pushes you must make depending on your skill. Select one star if you are a not a very skilled player, or up to five stars if you are highly skilled. You can also set a player as a Computer Competitor by pressing → on the fifth star.
REGISTER	Move the D-Button/Analog Thumb Pad ↑/↓ to highlight "Finished," then press the A Button to accept your player setup.

When all players are ready to proceed, highlight OK and press the A Button to move on to the Event Select screen.

EVENT SELECT

Move the D-Button/Analog Thumb Pad ↑/↓ to highlight your chosen event, then press the A Button to proceed.

EVENTS

100 Meters Sprint	110 Meters Hurdles
Javelin	Hammer
Triple Jump	High Jump
Skeet Shooting	100 Meters Freestyle Swimming
10 Meter Platform Diving	Super Heavyweight Weight Lifting
Olympic Sprint Cycling	Kayak K1 Slalom

COMPETING

Players take turns participating in a heat for the chosen event. In race events the player's number is shown in a colored triangle above the athlete currently under control.

After each heat a Results table is displayed. From left to right it shows: ranking, player name, nationality and result (e.g. time, distance thrown, height jumped, etc.). Press the A Button to proceed: a replay of the action is then shown on a loop. Press the A Button again and the next player, if there is one, gets a chance to compete.

Once all players have competed, a Results table is displayed combining the outcomes of all heats and showing the relative rankings of all players involved. From left to right it shows: ranking, player name, nationality, result and points scored. Press the A Button to move on to the Player Standings screen where all players are ranked overall for every event they've competed in so far. From left to right it shows: ranking, player name, nationality and total overall scoring.

Press the A Button to return to the Event Select screen.

OLYMPIC MODE

Play as athletes aspiring to reach the finals of the greatest sports event in the world. In each event you play as a different athlete. Take each athlete through a tough series of training events and qualifying competitions. Do your best to become one of the elite few fit and skilled enough to reach these cyber Olympic Games. On the Player Setup screen, move the D-Button/Analog Thumb Pad ↑/↓ to highlight these items:

INITIALS   Press the A Button to select the first initial. Move the D-Button/Analog Thumb Pad ↑/↓ to scroll through the letters and ←/→ to move on to the next initial. Press the A Button to proceed.

NATIONALITY   Move the D-Button/Analog Thumb Pad ←/→ to choose a nationality.

OK   Press the A Button to proceed to the Event Select screen.

LOAD   Press the A Button to load a previously saved tournament and resume play where you left off. Move the D-Button/Analog Thumb Pad ↑/↓ to highlight one of the saved game slots, then press the A Button twice to make it the current game.

EVENT SELECT

Use the D-Button/Analog Thumb Pad to highlight one of the choices, then press the A Button to select. All 12 events are listed. You may choose to qualify for events in any order. When you begin a game, notice that an icon beside each event lights up when you complete a stage of competition. Select an event from the list and proceed to the Training screen. Once you achieve Olympic qualification in any event, you can select "Go to Olympic Games" and pit your athlete against the world's best.

To save your progress, select "Save," highlight a game save slot, and press the A Button. Use the D-Button/Analog Thumb Pad to enter a name for the save, then press the A Button twice.

TRAINING

This is where you train your athletes, hone skills, build up physique and morale, and ultimately put them through the qualification process to make the Olympic team. Each event is associated with three forms of training. By working through these training programs, you can see strength, skill and morale improving. This gives you a better chance to win and thereby progress to higher levels of competition.

On the Training Menu, move the D-Button/Analog Thumb Pad ↑/↓ to highlight an option, then press the A Button:

OPEN TRIALS   Stage 1 of your journey to the Games. Once you train up and win this stage, you will progress to Stage 2 – Invitation, then Stage 3 – Championship, and then on to the Olympic Games.

                          Gym routine 1 or 2: Select either of these to visit the gym and perform the training.

                          Gym routine 3: This becomes available only when you attain the Championship stage.

EVENT ARENA   Take track and field training. Improving your athlete's Personal Best performances here improves his or her skill and morale ratings.

QUALIFY   Compete against other hopefuls for a chance of making it to the next stage of competition on your way to the Olympic team.

HEAD TO HEAD MODE

Up to four players can compete simultaneously. Each player must use a separate controller. At the Head to Head screen each player selects a player number, then presses the A Button twice to register the entry and proceed. To access this mode and register a competitor, each player must be using a VMU containing a **SYDNEY 2000** Olympic mode save. Follow the on-screen instructions to load. When all players have registered, return to the Main Menu and select a game mode.

COACHING MODE

Receive coaching on your chosen event and practice what you learned in a training environment. In Practice mode you practice the event without breaks or interruptions. Ghost mode allows you to see and compete against your previous best result.

OPTIONS

Select this from the Main Menu. Use the D-Button/Analog Thumb Pad to highlight any option, then press the A Button to select it. In the submenus, use ↑/↓ to highlight options, and ←/→ to change settings. When you're finished, select "Accept these to save the changes." Selecting "Save" changes the default settings, and "Yes" uses these settings only until you next load the game. Selecting "No" discards the changes. If you have already saved default settings on your VMU, select "Load" to restore them.

GAME SETUP	Enter the Game Setup submenu.
ARCADE	Choose "Classic" or "Repeat Play."
DIFFICULTY	Set the ability of computer-controlled athletes.
WATCH	Choose "Humans only" to see the final results of your performance. To watch the performance of the Dreamcast-controlled athletes, select "Players only."
DEFAULT SETTINGS	Return all game settings to their default values.
AUDIO	Enter the Audio Setup submenu.
SOUND	Choose between "Mono" and "Stereo."
SFX/MUSIC VOLUME	Adjust the volume of in-game sound effects or music.
COMMENTARY VOLUME	Adjust the volume of in-game commentary.
CONTROLLERS	Customize the configuration for any or all controllers.
EVENT SELECT	Decide how many events you'll play in Arcade mode.
VIBRATION	Select "Yes" or "No" if you have the correct peripheral.

EVENTS

SYDNEY 2000 covers 12 events in all. The controls and brief rules are listed on the following pages.

100 METERS SPRINT

This is a sprint race timed over 100 meters. The first person to cross the finish line is the winner.

- The race official announces "Set" and then "Go." On the word "Go," alternately tap the Power buttons as rapidly as possible.

  NOTE: If you start tapping before the "Go" order, a false start is called. Do this twice in Olympic mode competition and you will be disqualified.

- The faster you tap the Power buttons the greater your speed will be along the course.

- As you are about to cross the finish line, press the Action button to dip forward across the line and optimize your time.

1 *Power Gauge – the further the line moves to the right, the greater your athlete's speed*
2 *Player name & meters per second clock*
3 *Nationality*
4 *Time in seconds*

100M SPRINT DEFAULT CONTROLS	
Run	Alternate A/B
Dip	X or Y

110 METERS HURDLES

This is a timed race over 110 meters and 10 hurdles. The first person to cross the finish line is the winner.

- The race official announces "Set" and then "Go." On the word "Go," alternately tap the Power buttons as rapidly as possible.

  NOTE: If you start tapping before the "Go" order, a false start is called. Do this twice in Olympic mode competition and you will be disqualified.

- The faster you tap the Power buttons the greater your speed will be along the course.

- When you are near each hurdle, press the Action button to make your player jump.

- As you are about to cross the finish line, press the Action button to dip forward across the line and optimize your time.

1 *Power Gauge – the further the line moves to the right of the gauge, the greater your athlete's speed*
2 *Player name & meters per second clock*
3 *Nationality*
4 *Time (in seconds)*

110M HURDLES DEFAULT CONTROLS

Run	Alternate A/B
Jump/Dip	X or Y

JAVELIN

Each competing athlete is allowed three attempts at throwing the javelin. The athlete with the longest throw is the winner. If the athlete steps over the marker line then the attempt is invalid and declared a "No Throw."

- Alternately tap the Power buttons as rapidly as possible to build up speed in the run-up.

- When the Elevation Gauge appears, press and hold the Action button; release it when the gauge is at 45 degrees.

1 *Record throws (in meters): WR is World Record, OR is Olympic Record, and PB is Personal Best*
2 *Power Gauge – the further the line moves to the right, the greater the strength of the throw*
3 *Player name*
4 *Nationality*
5 *Elevation Gauge – the further the line moves up the gauge, the greater the angle of your throw*

JAVELIN DEFAULT CONTROLS

Run	Alternate A/B
Throw	X or Y (hold and release)

HAMMER

Each competing athlete is allowed three attempts to throw the hammer. The athlete with the longest throw is the winner. If the athlete steps over the marker line or the hammer lands outside the proscribed limits marked out on the field then the attempt is invalid and declared a "No Throw."

- Alternately tap the Power buttons as rapidly as possible to build up speed in the build-up.
- When you're ready to release the hammer, press and hold the Action button; release it when the gauge is at 45 degrees and the player is facing out of the cage. Judging the optimum time of release (facing out of the cage) can be difficult. Watch the timing bar located above the status bar. Aim to release at a 45 degree elevation when the marker is in the middle bar.

1 Record throws (in meters): WR – World Record, OR – Olympic Record, PB – Personal Best

2 Power Gauge – the further the line moves to the right, the greater the strength of the throw

3 Player name

4 Nationality

5 Timing Bar – Aim to release the hammer in the green section

HAMMER DEFAULT CONTROLS

Run	Alternate A/B
Throw	X or Y (hold and release)

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Olympic Games

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TRIPLE JUMP

Each competing athlete is allowed three attempts at a combined hop, step and jump.
The athlete who covers the greatest distance is the winner. If the athlete steps over
the foul line then the attempt is invalid and declared a "No Jump."

• Alternately tap the Power buttons as rapidly as possible to build up speed
  in the run-up.

• Press and hold the Action button until the gauge is at 45 degrees to begin
  the sequence; at each stage in the jump tap the Action button when the gauge
  is at 45 degrees.

1 Record jumps (in meters): WR – World
  Record, OR – Olympic Record,
  PB – Personal Best.
2 Power Gauge – the further the line
  moves to the right, the greater
  your athlete's speed on take-off
3 Player name
4 Nationality
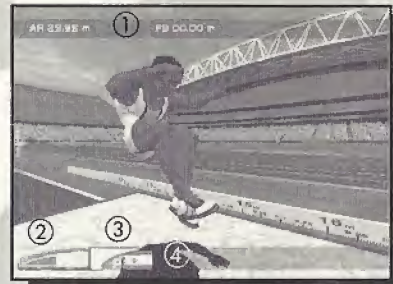
TRIPLE JUMP DEFAULT CONTROLS

Run	Alternate A/B
Hop	X or Y (hold and release)
Step/Jump	X or Y (press)

15

HIGH JUMP

Each competing athlete is allowed three attempts at jumping over a horizontal bar. Before each attempt the current height of the bar is displayed. If the athlete clears the bar successfully, it will be raised on the next attempt. If the athlete knocks the bar over, then the attempt is invalid and declared a "No Jump." The athlete who clears the greatest height is the winner. You must jump in excess of the qualifying height in order to reach the Olympic final.

- Alternately tap the Power buttons as rapidly as possible to build up speed in the run-up.
- When your take-off foot hits the floor, press and hold the Action button to jump.
- Release the Action button to flip your athlete's legs over the bar.

1 *Record jumps (in meters): WR – World Record, OR – Olympic Record, PB – Personal Best*
2 *Power Gauge – the further the line moves to the right, the greater your athlete's speed on take-off*
3 *Player name*
4 *Nationality*

| Run | Alternate A/B |
| Jump | X or Y (hold and release) |

SKEET SHOOTING

Each athlete has 25 skeets to shoot with a double-barreled shotgun. Athletes move from shooting base to base (eight total) marked out on a semi-circular arc. The athlete who shoots the most skeets is the winner. In the Skeet Final at the Olympic Games, athletes compete over three days. All competitors take part for the first two days, with no cut off. On day 1, you progress through three rounds of 25 skeets; on day 2, two rounds of 25 skeets. If you place in the top six, you progress to the final and face another 25 skeets to decide Olympic gold. Your starting score in the final is your combined score for the first two days.

- Press the Action button. This will signal "pull" and the start of your attempt.
- Use the Directional buttons to control the sight and aim your gun. The skeet will fly in from the left or right. Position the sight ahead of the skeet and press the Action button to pull the trigger.
- Position the sight ahead of the next skeet and press the Action button to pull the trigger a second time.

1 *Gun sight*
2 *Location and status of skeet launchers*
3 *Current shooting position*
4 *Gun status: green signifies an unspent cartridge, red a spent cartridge*
5-6 *Player name; Nationality*
7 *Total number of skeet hit*

| Sight/Aim | ↑/↓/←/→ |
| Shoot | A, B, X or Y |

100 METERS FREESTYLE SWIMMING

This is a sprint race timed over 100 meters in a 50-meter pool. The first person to touch the side at the end of the race is the winner.

- The race official announces "Place Your Marks" and then "Go." On "Go," tap the Power buttons to automatically dive in.
  NOTE: If you dive in before the "Go" order then a false start is called. Do this once in Olympic mode competition and you will be disqualified.
- Once in the water, alternately tap the Power buttons as rapidly as possible. The faster you tap the Power buttons, the greater your speed will be along the course.
- For a rapid turn at the halfway point, tap the Action button to perform a tumble turn as you approach the poolside.
- Continue to tap the Power buttons along the second straight. As you are about to touch the side marking the end of the race, press the Action button to reach forward and optimize your time.
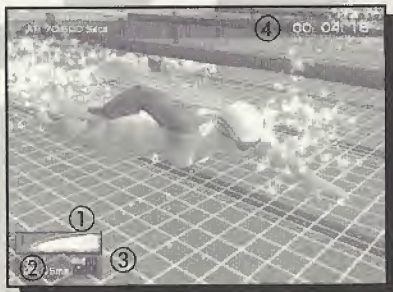
1 Power Gauge – the further the line moves to the right, the greater your athlete's speed
2 Player name & meters per second clock
3 Nationality
4 Time in seconds

100M FREESTYLE SWIMMING DEFAULT CONTROLS

Swim	Alternate A/B
Tumble/Reach	X or Y

10 METER PLATFORM DIVING

Each competing athlete is allowed five dives from a high-board. Judges award points for style, technique and clean entry into the water. In the Olympic final, you face three stages of competition, selecting your dives before each stage. In stage 1 you perform five dives; in stage 2, four dives. These four dives must have a combined difficulty rating of 7.6 or less. You progress to the final if your combined score for the first two stages is high enough. In stage 3 (the final), you perform five dives of increased difficulty. The athlete with the most points overall is the winner.

- Before the dive, specify the sequence of moves you will attempt to complete.
- Tap the Action button at the highest point on the Power bar to begin the dive. The greater the power of the dive, the more height from the board and time to perform the dive you will have.
- You will pass through colored rings indicating the sequences of moves you selected. When you pass through a ring, press the button for the color. (Rings are color-coded to the associated controller buttons.)
  - After the dive, you see the judges' point awards and receive a total score.

1 Type of dive you will attempt
2 Power Gauge - the further the line moves to the right, the greater the height achieved on take-off
3 Nationality
4 Points awarded

10M PLATFORM DIVING DEFAULT CONTROLS

|			
Jump	X	Blue Ring	B
Red Ring	A	Green Ring	Y

SUPER HEAVYWEIGHT WEIGHT LIFTING

Each athlete is allowed three attempts at lifting a weighted bar and holding it the head with arms locked until the three judges are satisfied. Before each attempt the current weight of the bar is displayed. If the athlete lifts the weight successfully, the weight will be increased on the next attempt. If the athlete fails to lift the bar or drops the bar before all three judges approve the lift, then the lift is invalid and declared a "No Lift." The athlete who lifts the greatest weight using the least attempts is the winner.

- Alternately tap the Power buttons as rapidly as possible to build up power. When the Power Gauge goes beyond the first marker, make the "Clean" by tapping the Action button and lifting the bar to your chin.

- Continue tapping the Power buttons rapidly to build up power for the "Jerk." When the second marker blinks, tap the Action button to extend your arms and lift the bar over your head. Hold the lift until all three judges rule on the attempt.

1 Record lifts (in kgs): WR – World Record, OR – Olympic Record, PB – Personal Best
2 Power Gauge – the further the line moves to the right, the greater the power of the lift
3 Three lights – all three lights must turn white if the lift is to qualify
4 Player name
5 Nationality
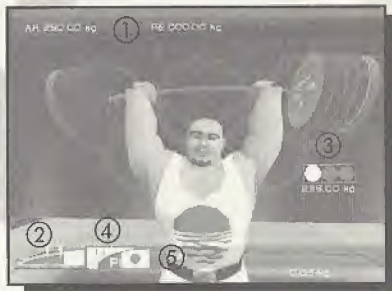
OLYMPIC SPRINT CYCLING

This is a sprint race involving three-man teams against the clock. After each lap the lead cyclist peels off and retires, leaving the teammate(s) to continue the sprint. The team with the fastest time to complete three laps is the winner.

- Begin by alternately tapping the Power buttons in a steady rhythm. The faster you tap the buttons, the greater your speed will be along the course. Remember to leave yourself with enough stamina for the final sprint on the third lap.

- At the end of the first and second laps, press the Action button as you cross the starting line to time the peel off of the lead cyclist cleanly and optimize your time.

1 Power Gauge – the further the line moves to the right, the more stamina your athlete has
2 Player name
3 Nationality
4 Time in seconds
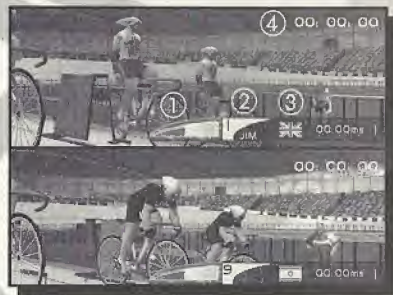
KAYAK K1 SLALOM

This is a set course made up of a number of gates, raced against the clock on a whitewater course. In the Olympic final, you compete in two separate runs. The fastest time for these two runs wins Olympic gold.

- Gate colors indicate direction of travel: red means go upstream; green means go downstream.
- Missing a gate results in a time penalty of 50 seconds and hitting a gate results in a time penalty of two seconds. The athlete who completes the course in the best time is the winner.
- Use the D-Button to control the kayak.
- Press the X Button to move forward.
- Press the A Button to reverse.
- Press the Y or B Button to dodge gate poles.

1 *Number of gates passed*
2 *Player name*
3 *Nationality*
4 *Time in seconds*

KAYAK K1 SLALOM DEFAULT CONTROLS

Turn left/right	←/→
Move forward	X
Move backward	A
Dodge gate poles	Y or B

VIRTUAL GYM EXERCISE INSTRUCTIONS

Virtual Gym exercises can use the "Main" controller config type, found in Options/Controllers (see page 10), with the following exceptions: Arc Interception, Duck Shoot, Light Wall, Medicine Ball Twist, Recoil Control Skipping, Starting Pistol and Standing Stretch. These exercises use the "Skeet Shooting" controller config type. Please be sure to change the "Skeet Shooting" controller configuration if you want to remap your controls for these exercises.

ARC INTERCEPTION

Move the crosshair to intercept the paths of the light trails. Move the D-Button/Analog Thumb Pad ↑/↓ to move the crosshair up/down.

STANDING PRESS

Use rapid alternating presses of the Power buttons to build up power for the lift. When the athlete's arms are fully extended, press and hold an Action button to lower the bar to shoulder level.

BENCH PRESS

Use rapid alternating presses of the Power buttons to build up power for the lift. Tap the Action button to lower the bar again. Pressing the Action button too soon will drop the weights, causing a slight time penalty.

DIPS

Use rapid alternating presses of the Power buttons to build up power. The more power raised, the faster the athlete will perform the exercise.

DUCK SHOOT

Shoot the targets. Move the D-Button/Analog Thumb Pad ↑/↓ to move the crosshair up/down and ←/→ to move the crosshair left and right. Use an Action button to fire the rifle – the number of shots is limited.

HEIGHT DEPTH JUMP

The athlete starts on a raised platform. You have a few seconds to build up power using alternate Power button presses before the athlete jumps off the platform. Tap an Action button as soon as the athlete's feet touch the floor to jump over the height markers. Correct timing will result in a small drop in power, but bad timing will result in a large drop in power.

HURDLE HOPS

Jump over each hurdle in the line with rapid alternating presses of the Power buttons until the power bar is raised above the height of the hurdle, then press an Action button to jump.

LEG PRESS

Use rapid alternating presses of the Power buttons to build up power for the leg extension. When the athlete's legs are fully extended, press and hold an Action button to retract the athlete's legs to their starting position.

LIGHT WALL

Touch the lights as they are illuminated. Move the D-Button/Analog Thumb Pad ← to touch lights in the left bank, move ↑ to touch lights in the central bank and move → to touch lights in the right bank. The number on the light indicates the number of times the button has to be tapped for the athlete to touch the light (e.g. tapping ← twice will cause the athlete to touch the middle light of the left bank).

MEDICINE BALL TWIST

Pick up the medicine ball and place it on the shelf that lights up. Picking up and placing the ball is automatic, the athlete just needs to be directed to the correct shelf. Select the upper shelves using the D-Button/Analog Thumb Pad ← for the left shelf and → for the right shelf. Select the lower shelves by holding an Action key while pressing ← for the left shelf and → for the right shelf.

PRESS-UPS

Use rapid alternating presses of the Power buttons to build up power for the press-up. When the athlete's arms are fully extended, press and hold an Action button to lower the athlete's body to its starting position.

RECOIL CONTROL

Shoot the center of the target. Firing the rifle causes a recoil effect. Move the D-Button/Analog Thumb Pad ↑/↓ to move the crosshair up/down and move ←/→ to move the crosshair left/right. Use an Action button to fire the rifle – the number of shots is limited.

POLE CLIMB

Use rapid alternating presses of the Power buttons to build up power for the climb. When the athlete touches the height marker, press and hold an Action button to climb back down.

SIT-UPS

Use rapid alternating presses of the Power buttons to build up power for the sit-up. When the athlete is sitting up, press and hold an Action button to return to the starting position.

SKIPPING

The illuminated panels in the floor indicate which foot to hop the rope with. When the left panel lights up, move the D-Button/Analog Thumb Pad ←; when the right panel lights up, move →. When both panels are lit, press an Action button to do a two-footed jump.

SQUATS

Use rapid alternating presses of the Power buttons to build up power. The more power raised, the faster the athlete will perform the exercise.

STARTING PISTOL

React to a number of different sounds within a strict time limit by pressing different buttons for each sound.

STANDING STRETCH

Press the key combinations that go with the icons (e.g. when the ↑ icon is showing, press the D-Button/Analog Thumb Pad ↑). Icons with an "S" indicate that an Action button should be held down at the same time (e.g. S← means you should hold an Action button and the D-Button/Analog Thumb Pad ← at the same time).

TEST YOUR STRENGTH

Use rapid alternating presses of the Power buttons to build up power (you have only a few seconds). When the time limit is reached the power will begin to fall. Press an Action button as soon as possible to keep as much of the built-up power as you can.

TREADMILL

Use rapid alternating presses of the Power buttons to build up running speed.

COUNTRY ABBREVIATIONS

EUROPE

Great Britain	GBR
France	FRA
Germany	GER
Italy	ITA
Spain	ESP
Switzerland	SUI
Greece	GRE
Russian Federation	RUS
Sweden	SWE
Denmark	DEN
Norway	NOR
Portugal	POR
Finland	FIN
Poland	POL
Hungary	HUN
Netherlands	NED
Belgium	BEL
Israel	ISR

AMERICAS

United States of America	USA
Canada	CAN
Mexico	MEX
Brazil	BRA

AFRICA

South Africa	RSA
Kenya	KEN

ASIA

Japan	JPN
People's Republic of China	CHN
Korea	KOR
India	IND
Singapore	SIN
Chinese Taipei	TPE

OCEANIA

Australia	AUS
New Zealand	NZL

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DEVELOPED BY ATTENTION TO DETAIL

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